



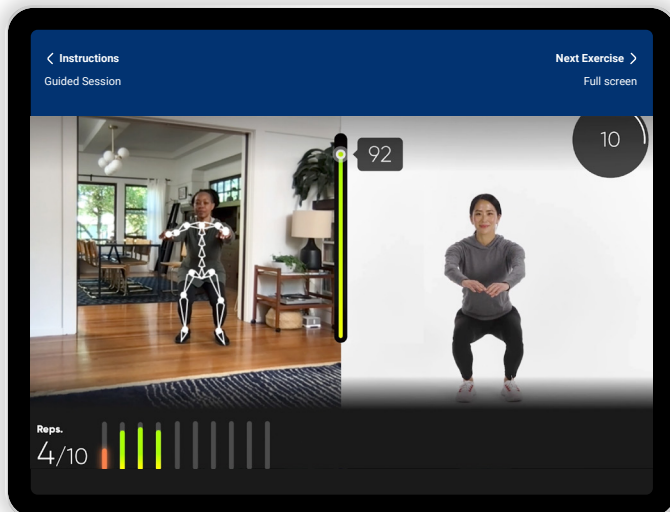
Back and joint pain relief **just got better.**

RecoveryOne™ for Cigna® adds motion tracking technology to program experience.



RecoveryOne for Cigna — an online exercise program included in your health plan benefits — is now even better with the addition of innovative, computer vision feedback technology.

This new feature, Motion Trainer, adapts and tracks body motion and exercise repetitions, providing visual and audio form corrections without the need for wearable sensors. Motion Trainer can help increase engagement and adherence — two key drivers of back and joint pain recovery, improved health outcomes, and reduced healthcare costs. Motion Trainer is now available for members newly enrolling in care pathways for acute and chronic back pain. Neck, knee and shoulder pathways will quickly follow.



With RecoveryOne, your employees can access all of this at **no additional cost**:

- ✓ Online exercises they can do when they want, from the comfort and convenience of home
- ✓ Personalized programs to meet their needs
- ✓ A multimedia app to guide them through exercises with the support of Motion Trainer
- ✓ Unlimited video, voice and chat communications with their support team
- ✓ Weekly check-ins with a certified health coach to help keep them on track

Want to help improve employee health and company productivity?

Spread the word about RecoveryOne with communication tools available in the Engagement Center.

Visit recovereveryone.com/tk

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*Cost and usage of this program is covered by your plan administrator; no additional out-of-pocket expense applies for you or your covered dependents (ages 18+).

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